



SPRING BREAK CAMP

Children, ages 5-12

The Ultimate Healthy-Lifestyle Camp – FOR KIDS ONLY!

Not heading south for spring break? The **HealthBarn USA Spring Break Camp** is an exciting farm adventure for children, ages 5-12, to soak up the sun and have fun, too! During the day, campers will be engaged in the ultimate healthy-lifestyle experience featured on *The Rachael Ray Show*, *CNN with Dr. Sanjay Gupta*, *CBS-TV New York* and *FOX Good Day, New York* – and you don't have to leave Bergen County to get it! Everyday your child will be planting organic produce and herbs, cooking healthy recipes, playing nutrition educational games, exploring environmental science, being active through sports activities and yoga, doing creative arts & crafts and making new friends as he/she learns invaluable healthy lifestyle habits!

WHAT: One-of-a-kind fun and educational experience on a farm from 9:00 – 3:00 p.m. which includes:

- Gardening activities, including planting and harvesting organic produce and herbs;
- Cooking healthy recipes and playing nutrition educational games;
- Exploring environmental sciences through nature activities;
- Creative arts and crafts;
- Sports activities and yoga;
- **Nutritious breakfast, lunch and snacks provided everyday** (we accommodate for allergies)
- Professional instruction for children
- All supplies and natural and organic food

HealthBarn[®] USA, the leader in proven, hands-on healthy-lifestyle education, offers a unique opportunity for your child to experience a spectacular 30-acre family farm where 75 seasonal varieties of vegetables are grown and where lots of rabbits, goats, cows, horses and other animals call home.

WHEN: Monday, April 12 through April 16, 2010 from 9:00 a.m. – 3:00 p.m. (maximum 20 campers)

TUITION: \$495 per week*

* 15% discount for first sibling, 10% for each additional sibling; fee may be partially covered by health insurance, or by a flexible savings account.

WHY? Proven results that HealthBarn USA programs change behavior by enabling families to experience traditional values that drive healthy, wholesome lifestyles – lifestyles that have become overshadowed by today's past-paced, fast-food culture.

WHERE? ABMA's Farm located at 700 Lawlins Road in Wyckoff, NJ. The Farm is minutes from the junction of routes 287 and 208, from the Wyckoff business district, and is just 30 miles from NYC.

CONTACT INFORMATION: To enroll, please contact 201-891-2066 or info@healthbarnusa.com. Check out www.healthbarnusa.com for more information.